

The MELT Method®

MELT is a treatment you do on your own to relieve chronic pain, reduce stress, increase flexibility, and improve balance and sleep.



Learn to use a very soft MELT roller and balls to rehydrate connective tissue, reduce joint compression, and boost your body's natural ability to repair itself.

Restore pain-free movement and your overall sense of well-being ...

Feel amazing right away!

MELT reduces

- Back, neck & shoulder tightness and pain
- Stiffness and pain in hands & feet
- Joint compression and inflammation
- Risk of injury and post-workout recovery time
- Stress and tension

MELT improves

- Stretching and range of motion
- Posture and balance
- Ease of movement
- Energy, sleep and digestion
- Overall sense of well-being



MELT NeuroStrength

Offered as Personal Training

NeuroStrength helps those suffering from repetitive injury or compromised mobility.

NeuroStrength corrects for compensatory movement patterns through improved neurological stability and motor control of the hips, shoulders and deep core.

1001 Broad Ripple Ave, 2nd Floor
Indianapolis, IN 46220
1273 N Emerson Ave, Suite F
Greenwood, IN 46143
(317) 205-9502



Monthly MELT Intro/Review*

Experience whole body benefits, including hands & feet.

Broad Ripple

- Mon: Jan 9, Feb 6, Mar 6, Apr 3, May 1, Jun 5, 10:45-12:15 pm, \$25
- Wed: Jan 18, Feb 22, Mar 22, Apr 19, May 10, Jun 14, 2:00-3:30 pm, \$25
- Sat: Jan 14, Feb 4, Apr 8, May 6, 12:30-2:00 pm, \$25

*** Register in-advance!**
Please arrive early for paperwork.

Greenwood

- Mon: Jan 9, Feb 6, Mar 6, Apr 3, May 1, Jun 5, 2:15-3:45 pm, \$25
- Sat: Jan 28, Feb 18, Apr 22, May 20, Jun 17, 11:30-1:00 pm, \$25

Learn to MELT Workshops*

Learn to use MELT as ongoing self-care. Attending a MELT Intro before this workshop is recommended.

- Sat, Mar 4, **Greenwood**, 11:30-3:30 pm, \$85
- Sat, Jun 3, **Broad Ripple**, 12:30-4:30 pm, \$85
\$25 if you've previously attended a MELT Workshop, space dependent.

www.pilatesindyinc.com - MELT listed under Workshops.
MELT Method® supplies provided & available for sale after class.

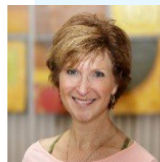
MELT Personal Training

Recommended if you suffer acute or chronic pain due to an underlying medical condition. Also great for avid exercisers and athletes wanting sport-specific MELT programs.

Private \$65/hr Duo \$45/hr Trio \$40/hr

MELT NeuroStrength private sessions offered for those suffering from repetitive injury or compromised mobility.

(See opposite side.)



Donna Van Klompenburg
Advanced MELT Method® Instructor
PMA® Certified Pilates Teacher
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Feel amazing right away!